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Tuesday, May 26, 2015 www.metro.us | t: MetroPhilly | f: MetroPhilly

Slingin' brotherly love

Local characters. Philly Spidey uses his superpowers for photo ops and good will.

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Philly Spider-Man's true identity is unknown, but he opened up to Metro about his superhero lifestyle. / CHARLES MOSTOLLER, METRO

Survey sheds light on grocery habits

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US lawyers may mend biz ties with Cuba

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Heidi Klum has audition tips ready for 'AGT'

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2 'Infamous MBTA oral sex man is arrested'

3 'Air France flight escorted to New York after threat: U.S. military'

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Behind the mask, a desire to do good

Philly Spider-Man performs his antics, left, and poses with a young fan, right. / CHARLES MOSTOLLER

Heroes are real. Philadelphia now has its own self-designated superhero: Philly Spidey.

Stop by LOVE Park any sunny day and you might stumble across a peculiar spectacle: a man dressed in a full-body Spider-Man costume doing backflips or striking a pose with his fans.

He is known as Philly Spidey, and he is not just trying to be an entertainer.

He wants to be of genuine service to the community — something he believes this persona will help him achieve.

"I never planned for this to happen, it was a prank that went wrong that went right," says Spidey — who declined to reveal his true identity. "I was a comedian that just did jokes for fun, but now this has taken a life of its own."

Philly Spidey says he is 18 years old and lives with his 72-year-old grandmother in West Philadelphia.

After graduating from high school last year, he set off to pursue a career in local comedy and worked in some skits for YouTube. When he stumbled across a Spider-Man costume online a few months ago, he thought he had found his next major skit.

"The plan was to wear it around downtown and prank people. ... But nobody took it seriously — all they wanted were pictures," he said.

Tourists wanted selfies with him at the LOVE statue. Young children demanded he do Spider-Man stunts. People in general were fascinated by a man dressed up as Spider-Man.

"It became overwhelming at times," Spidey said of the immediate draw to him. "It was exciting to feel like a hero to so many people, but then something about it needed to change. ... I really wanted to help people."

Shortly after Spidey began to acquire a local fan base, he started to make a name for himself with random acts of kindness.

Recently, he purchased 26 McDonald's cheeseburgers and gave them out to the homeless across Center City. This fueled his interest to transition into "a local superhero for good" and he started taking bookings to visit places like day cares.

Spidey's grandmother had scoffed at his work initially.

"She told me to 'hang it up, it's gonna get old,'" Spidey said. "After seeing that I'm helping the homeless and children, she is now proudly showing all of her friends and neighbors."

Life under the guise of Spider-Man has provided Philly Spidey with the joys of immediate fame and popularity. However, being in the spotlight has its challenges.

"Some people will come up to him and just disrespect him," says "Hercules," his bodyguard. "Philly can be nasty sometimes without any reason, and I can only imagine how aggravating it can be wearing that costume to do good with some people around you purposely trying to provoke you."

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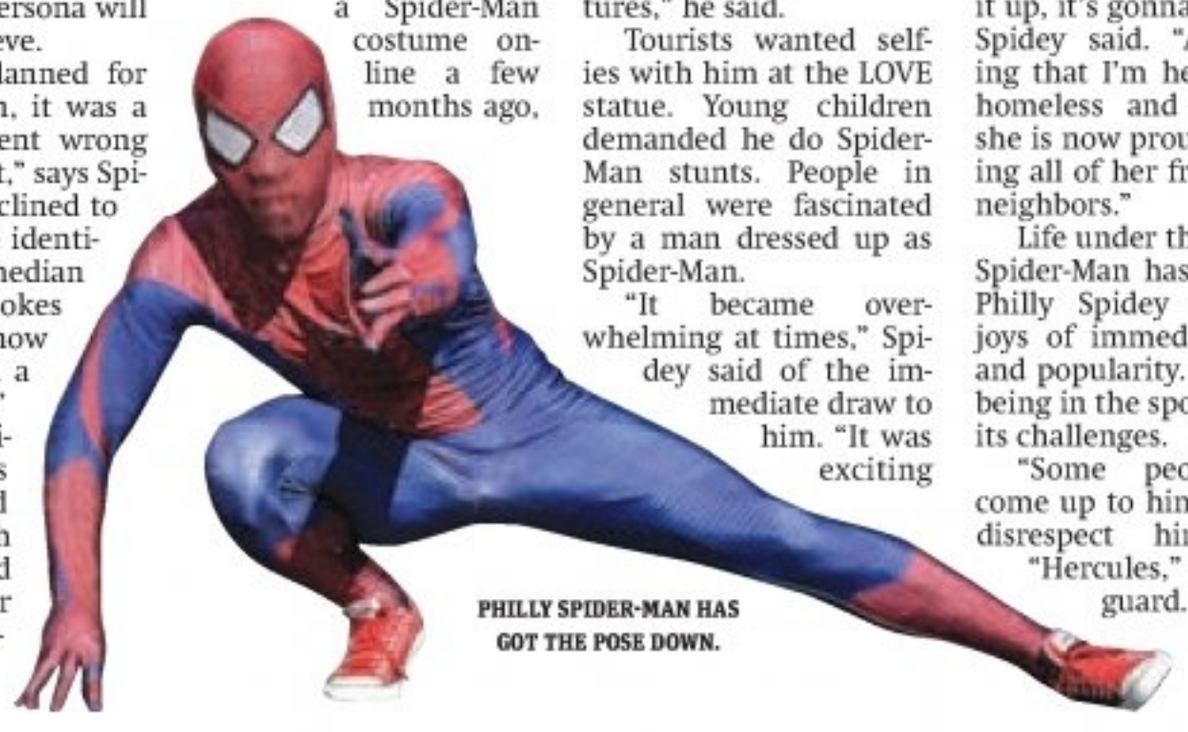

PHILLY SPIDER-MAN HAS GOT THE POSE DOWN.

Keep calm and save the day

Despite negative backlash some people give him, Spidey states he "maintains his cool and doesn't break character."

- "People will question my masculinity when I wear this tight uniform, others will just try to create confrontation — either way, I don't let it get to me because I know there are kids around and this is what superheroes have to face."
- Spidey's reason for wanting to continue in this role is very simple: "It's about helping people. ... If wearing this costume allows me to make a child smile or lets a homeless person know I'm not looking down on them, I've saved the day."

You decide

Tights vs. robes

Philly Spidey is not the first major local personality to garner this much mass attention.

"Philly Jesus" was one of the first major public entities that local patrons and the city flocked to.

"We hear the comparisons all the time," said Spidey's manager, Trizzy the Mouth. "But Philly Spidey is a superhero for all people of all backgrounds, and doesn't rely on the polarizing nature of religion to appeal to people."

Spidey is also starring in a Web miniseries, "Being a Hero for Philadelphia."

"This has become a full-time career for me," Spidey says. "I'm in persona six days a week."

He's worth it.

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Pictures
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MAY 26

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You probably don't need ketchup: Study

Groceries. An online retailer's survey gives advice on when to shop and whether to grab a cart.

South Philadelphia residents leave the 10th Street ACME market. / CHARLES MOSTOLLER

What's in your fridge?

Philly residents were more likely to report having condiments in the fridge (89 percent) than produce (82 percent), non-alcoholic beverages (78 percent), meat and seafood (73 percent), deli meats (53 percent), and alcohol (45 percent).

Residents of Philadelphia spend more time grocery shopping and waiting in supermarket checkout lines than residents of several other major cities, according to a survey conducted by online grocery retailer Peapod.

The study focused on the shopping habits of people in Philadelphia, Boston, New York, Chicago and Washington, D.C.

Three out of every four Philadelphians have never ordered groceries online, according to the survey, which was done on behalf of people who want to change that.

Our journalistic impulse is to take the responses with a grain of salt. A second look yielded some interesting information about how we shop, some which can be used to make our lives easier in a city that definitely has a shortage of supermarkets.

In Philly, the best time to go shopping is on a Sunday night. Just 6 percent of shoppers bought groceries between 6 p.m. and 9 p.m. on Sunday. But other times during the weekend are the most crowded. More than half of all respondents said they are most likely to go to the store on the weekend.

There's a reason you always see people with those collapsible, two-wheeled carts. Philadelphia residents reported the heaviest groceries. When asked how much they think their groceries weighed, Philadelphians guessed the highest, with 15 percent saying their bags weighed 51 pounds or more. The average came to about 31 pounds. New Yorkers reported carrying about 18 pounds of groceries per trip.

We love to eat at home. Four out of five respondents said they liked to cook at home — a higher percentage than any other city in the survey. In New York, 26 percent of respondents said they preferred takeout.

DAN KELLEY
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Honoring fallen heroes

Bonnie Buckley takes an etching of her brother Charles' name from the Vietnam Veterans Memoral after a Memorial Day service on Monday.

CHARLES MOSTOLLER

Tech crime

Temple prof faces spy charges

The former chair of Temple University's physics department tried to sell revolutionary superconductor technology developed in the U.S. to Chinese government entities, federal prosecutors say.

Xioaxing Xi, 47, worked with a U.S. company that developed a device that could be used to make ultrasmall, ultrafast computer chips.

In 2006, the company agreed to lend him one of the devices for research in a deal funded with a grant from the Defense Department. Xi agreed not to sell or transfer the technology as part of that deal.

Feds say Xi sought lucrative jobs in China in exchange for helping the country become "world leaders of the superconductivity field."

DAN KELLEY

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Soaking in spring at Spruce Street Park

The weather could not have been any better for the opening weekend of the Spruce Street Harbor Park. Visitors chilled out in hammocks while paddleboats and kayaks got visitors on the water. But who could beat a sunny day in the grass? / CHARLES MOSTOLLER

Burned bridges? State may name turnpike bridge for Joe Paterno

A state legislator is seeking to put Joe Paterno's name back on the map.

Republican State Rep. Michael Regan of York County wants to name a Pennsylvania Turnpike bridge near Harrisburg after the legendary former Penn State head football coach, Penn Live reported.

Paterno, who died in 2012, saw his reputation tarnished in the wake of the Jerry Sandusky sex scandal. Sandusky, who was Paterno's longtime defensive coordinator, is serving a 30- to 60-year prison sentence for molesting 10 boys.

In 2012, officials removed a Paterno statue from Penn State's campus amid roiling debate over Paterno's role in the saga. Paterno, who received reports in 1998 and 2001 that Sandusky was abusing boys, was widely criticized after the abuse came to light for not doing more to bring Sandusky to justice.

Joe Paterno / FILE PHOTO

Three Penn State administrators are awaiting trial on allegations that they covered up Sandusky's crimes to protect the school's football program.

Earlier this year, the NCAA restored 111 wins that had been wiped from record books as part of sanctions imposed on the school as part of the scandal, restoring Paterno's place as the winningest coach in college football history.

A poll by Quinnipiac University in February found residents of the state overwhelming support returning the Paterno statue to campus.

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Remembrance

Obama heralds first Memorial Day without ground war in 14 years

President Barack Obama heralded the first Memorial Day in 14 years without a major ground war in an annual ceremony of remembrance on Monday for fallen American forces.

In remarks at Arlington National Cemetery near Washington, Obama paid tribute to U.S. military personnel who served in conflicts such as World War II as well as the more recent wars in Iraq and Afghanistan, which he wound down as commander in chief.

"For many of us, this Memorial Day is especially meaningful. It is the first since our war in Afghanistan came to an end," Obama said. "Today is the first Memorial Day in 14 years that the United States is not engaged in a major ground war."

As a Democratic presidential candidate in 2008, Obama sharply criticized the war in Iraq launched by his Republican predecessor, former President George W. Bush.

U.S. forces are now involved in air campaigns against Islamic State militants in Iraq and Syria as well as training missions in Iraq and Afghanistan. The president has been reluctant to relaunch ground operations in Iraq. REUTERS

The Foreman forecast

TOM FOREMAN

TOM FOREMAN PREDICTS THIS WEEK IN POLITICS. HE IS A CNN CORRESPONDENT AND AUTHOR OF THE UPCOMING BOOK "MY YEAR OF RUNNING DANGEROUSLY: A DAD, A DAUGHTER, AND A RIDICULOUS PLAN."

THE POLS TAKE A HOLIDAY

Nothing will get done in the Capitol this week because Congress will be enjoying a nice long holiday break. Mind you, nothing would get done if they were at work either, but that's a different matter. As I predicted here last week, our esteemed lawmakers let the Patriot Act debate burn down to the wire despite knowing the deadline was coming for months. So here are three things to look for this week in politics.

1. Badminton with Hillary: Whether candidate Clinton likes it or not, she'd better get ready to handle some wicked volleys from her critics. Even the long weekend won't quiet the fury over the release of her emails from the State Department. Yes, those emails: the ones she used for public business, but kept on a private server in her home. Three hundred came out late last week. Roughly 30,000 more are still pending—enough to keep Republicans clucking about her secret ways for months.

2. Whirlwind tour: What's the single most important thing a lame duck president can do for his party? If you answered "Secure his legacy" um ... no. "Raise money?" Now you're thinking like a politician! President Obama will make a Miami swing to rustle up some bucks down in alligator alley. He'll also whip by the National Hurricane Center to check out this year's summer storm forecast. Apparently Dylan was wrong. You do need a weatherman to know which way the wind blows.

3. Republican rodeo: And GOPers will be out beating the bushes for money, headlines and support too. Among others, watch for Sen. Rand Paul in Chicago complaining about liberal policies, and former New York Gov. George Pataki declaring his candidacy for the presidential nomination because he's always wanted to — and after all, everyone else is doing it.

For exclusive commentary, visit Metro.us/blogs.

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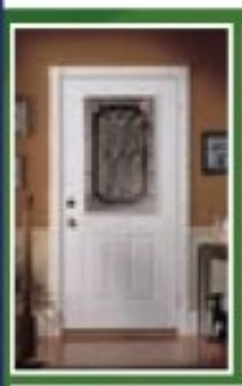

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US fighter jets escort flight to JFK after threat

Security. An anonymous caller phoned Maryland State Police with a bomb threat.

An Air France flight from Paris was escorted by two U.S. F-15 fighter jets to New York's John F. Kennedy International Airport on Monday after an anonymous threat was made against the flight, the U.S. military said.

Air France Flight 22, traveling from Charles de Gaulle Airport, landed safely in New York, officials said.

The anonymous threat came in a telephone call to a Maryland State Police barracks on Monday morning, and the caller made a bomb threat involving commercial aviation, Maryland State Police said.

JFK Airport / GETTY IMAGES

Two U.S. Air Force F-15 jets were launched as a precaution to monitor the flight as it approached New York, said Navy Lieutenant Commander Richlyn Ivey, a spokeswoman for U.S. North American Aerospace Defense Command and U.S. Northern Command.

The plane was cleared in New York with no incidents or hazards reported by passengers or crew, said J. Peter Donald, an FBI spokesman.

REUTERS

Rare escort

It was the first time U.S. military aircraft had escorted a private airplane or commercial aircraft since Feb. 13, when two F-15s followed a general aviation aircraft that was out of contact while flying in a restricted area near San Francisco.

- The aircraft eventually reestablished communications and was followed by the jets until it landed at Half Moon Bay.

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Doctor's Memory Breakthrough

New Discovery for People with Failing Memory

World's Leading Brain Expert and Winner of the Prestigious Kennedy Award, Unveils Exciting News For the Scattered, Unfocused and Forgetful

Dr. Meir Shinitzky, Ph.D. a former visiting professor at Duke University and a recipient of the prestigious J.F. Kennedy Prize

By Steven Wuzubia
Health Correspondent;

Clearwater, Florida: Dr. Meir Shinitzky, Ph.D., is a former visiting professor at Duke University, recipient of the prestigious J.F. Kennedy Prize and author of more than 200 international scientific papers on human body cells. But now he's come up with what the medical world considers his greatest accomplishment — A vital compound. so powerful, it's reported to repair… even regrow damaged brain cells. In layman's terms — Bring back your memory power. And leave you feeling more focused and clear-headed than you have in years!

Dr. Shinitsky explains this phenomenon in simple terms; "Science has shown when your brain nutrient levels drop, you can start to experience memory problems and overall mental fatigue. Your ability to concentrate and stay focused becomes compromised. And gradually, a "mental fog" sets in. It can damage every aspect of your life". Not only do brain cells die but they become dysfunctional as if they begin to fade away as we age. This affects our ability to have mental clarity and focus and impacts our ability to remember things that were easy for us to do in our 20's and 30's.

Scientists think the biggest cause of brain deterioration in older people is the decreased functioning of membranes and molecules that surround the brain cells. These really are the transmitters that connect the tissues or the brain cells to one another that help us with our sharp memory, clear thinking and mental focus, even our powers to reason well. "When we are in our 20's" according to Dr. Shinitzky "our body produces key substances like phosphatidylserine and phosphatidic acid"…unfortunately they are believed to be critical essential nutrients that just fade away with age, much like our memories often do leading to further mental deterioration.

As we get older it becomes more frustrating as there is little comfort when you forget names… misplace your keys…or just feel "a little confused". And even though your foggy memory gets laughed off as just another "senior moment," it's not very funny when it keeps happening to you.

The Missing Link is Found and Tested

It's hard to pronounce that's for sure, but it certainly appears from the astounding clinical research that this one vital nutrient phosphatidylserine (PS) can really make a huge difference in our mental wellness. 17 different double blind studies with placebo controlled groups have been involved in the clinical research of PS with patients between the ages of 55-80 years of age. Periodically the researchers gave these patients memory and cognitive tests and the results were simply amazing:

1) PS patients outperformed placebo patients in All 5 Tests - 100% Success Rate
2) After only 45 days there was a measurable improvement in mental function
3) After 90 days, there was an impressive and amazing improvement in mental function

The group taking phosphatidylserine, not only enjoyed sharper memory, but listen to this… they were also more upbeat and remarkably more happy. In contrast, the moods of the individuals who took the placebo (starch pill), remained unaffected….no mental or mood improvement at all.

My Memory Started to Scare Me.

I would forget all kinds of things and something that I just said earlier in the day would have completely slipped my mind. I almost forgot my granddaughter's birthday and that would have been horrible. I had forgotten lots of other little things along the way. I was worried about it.

Over the last several months I've noticed my memory seemed to be getting pretty unreliable and so I thought I'd better do something about it now. So when I read about this amazing PS nutrient and how much it would help me with my memory I wanted to try it.

It's great! I have actual recall now, which is super. After about 6 weeks of taking it on a daily basis is when I began to notice that I wasn't forgetting things anymore.

Thanks to PS for giving me my memory back. It's given me a lot more self-confidence and self-esteem. I would not trust my memory without it.

- Ethel Macagnoney

Vital Nutrient Reverses "Scatter Brain"

This incredible PS nutrient feeds your brain the vital nutrient it needs to stay healthy... PS now has the attention of some of the world's most prominent brain experts. It has been written up and published in leading science and medical journals and its findings have electrified the International scientific community.

Earth-Shaking Science

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Five things you need to know

1 State of emergency declared in Texas, more severe weather expected

The governor of Texas on Monday declared states of disaster in 24 counties, citing the severe weather and flash flooding that have killed at least two people.

The state has been

ABILENE, TEXAS

pounded by tornadoes, heavy rainfall, thunderstorms and flooding that forced evacuations and rooftop rescues and left thousands of residents without electrical power.

In declaring the states of disaster in 24 counties, Gov. Greg Abbott said: "The state of Texas has taken brisk action in dispatching all available resources to aid those affected by this severe weather system.

"My thoughts and prayers are with all the communities that are suffering as a result of this weather disaster, and I am grateful for the first responders who have worked tirelessly to provide shelter, care and resources to all impacted areas," he said. REUTERS

2 Malaysia finds 139 graves in 'cruel' jungle trafficking camps

Malaysia has found 139 graves, and signs of torture, in more than two dozen squalid human trafficking camps suspected to have been used by gangs smuggling migrants across the border with Thailand, the country's police chief said on Monday.

The dense jungles of southern Thailand and northern Malaysia have been a major stop-off point for smugglers bringing people to Southeast Asia by boat from Myanmar, most of them Rohingya Muslims who say they are fleeing persecution, and Bangladesh. REUTERS

3 Charter nears $55B deal for Time Warner Cable: Sources

Time Warner Cable is nearing an agreement to be acquired by smaller peer Charter Communications Inc for about $55 billion, combining the second- and third-largest U.S. cable operators, people familiar with the matter said on Monday.

The cash and stock deal values Time Warner Cable at $195 per share, according to the sources,

and comes just one month after Comcast Corp dropped its $45.2 billion merger agreement with Time Warner Cable, clinched in February 2014, over antitrust concerns. REUTERS

4 Volcano erupts on Galapagos island, imperils pink iguanas

A volcano perched atop one of Ecuador's Galapagos Islands erupted in the early hours of Monday, the National Park said, potentially threatening a unique species of pink iguanas.

The roughly 1.1-mile-high Wolf volcano is located on Isabela Island, home to a rich variety of flora and fauna typical of the archipelago that helped inspire Charles Darwin's theory of evolution following his 1835 visit.

"This is the only population of pink iguanas in the world," The Galapagos National Park said on Twitter. REUTERS

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5 Authorities detonate suspicious device near Capitol

U.S. authorities on Sunday blew up a pressure cooker found in a vehicle parked near the U.S. Capitol and later arrested the vehicle's owner.

Pressure cooker bombs were used to kill three people and injured more than 250 others at the Boston Marathon in April 2013.

U.S. Capitol police officers on routine patrol found the suspicious vehicle on 3rd Street across from the Capitol's west lawn, spokeswoman Lt. Kimberly Schneider said. They found the pressure cooker and also detected the odor of gasoline.

The Capitol Police's Hazardous Devices Section closed off nearby streets and disrupted the items of concern in the vehicle. REUTERS

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New York City pharmacy caters to the '1 percent' at $6,500 a month

You fancy, huh?
The pharmacy program currently has five members.

Ever felt Duane Reade and Rite Aid were just too plebeian for you? If so, luxury pharmacy Cedra may be the answer.

Cedra, which has a branch on the Upper East Side, is a full-service pharmacy that fills prescriptions and sells supplements like any other pharmacy. The difference? Cedra is a members-preferred store. Customers who want to become members need to reach deep into their pockets for the $2,500 to $6,500 per month fees.

Anyone can shop at Cedra, but memberships offer perks like a personalized concierge service.

"It's not just going to the pharmacy," said Mazen Karnaby, CEO of Cedra. "It's like having your own concierge pharmacist with you every day, no matter the time of day. If you're in Italy and you need your medicine, we'll send it to you. We take a lot of the job of the doctor because they don't spend a lot of time with patients these days."

Karnaby said the program comes with personal nutritionists, masseuses, trainers and limo drivers who take patients to and from the doctor's office. Pharmacists also make house calls.

Cedra is not just for patients who want to be more informed about their prescriptions; Karnaby describes it as a "health concierge service."

What do patients get for their money? The Grand Cedra membership, which is the lowest rung, costs $2,500 and includes a blood glucose meter, 24-hour emergency support, free diabetic strips, a weekly at-home medication review with a pharmacist, a monthly nutritionist consultation, two massages a month, semi-weekly personal training, unlimited limo service to the doctor's and nurse accompaniment to the doctor's office.

A look inside the swanky pharmacy known as Cedra / CEDRA

The highest tier of membership at Cedra is Cedra Select, which, at $6,500 is for cancer patients who need extra attention. This includes the same perks as Grand Cedra, but also offers a monthly supply of vitamins and supplements and a customized personal care regimen, such as skin treatments, natural wigs, prosthetic fittings and more.

Quoted

"If your son is taking an antibiotic that doesn't taste good, I can change the flavor and make it into a lollipop. We can make Viagra into lollipops and we just launched smoking cessation lollipops."
Karnaby

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Eyeing the next frontier. Miami law firms ramp up Cuba strategy

The Florida Bar is sending its first-ever delegation of lawyers to Cuba this week to explore emerging new business opportunities as prospects heat up for closer political and commercial relations between the United States and the Communist-run island.

Some big law firms with Miami offices, often staffed by Cuban-American exiles, are already beefing up their Cuba-related practices in response to queries from U.S. companies on issues ranging from telecommunications to banking, amid signs the longstanding U.S. trade embargo on Cuba is eroding.

Pedro Freyre, a Cuban-born attorney who heads the international practice at Akerman, said his phones started ringing within minutes of the December announcement by President Barack Obama and Cuban President Raul Castro that they had agreed to reestablish diplomatic ties severed some 54 years ago, and to work toward normalizing relations.

Tourists from the United States pose in front of the Capitol in Havana, Cuba. / GETTY IMAGES

Delegation

37

The 37-strong delegation from the 100,000-member Florida Bar will spend three days in Cuba meeting with government officials and counterparts from the Cuban bar, among others, said Peter Quinter, chairman of the bar's international section.

"These are exciting times," said Freyre. "Our U.S. clients, some who are Fortune 100 companies, want to know can foreigners own land in Cuba ... what is the power and water supply like, what are the work force rules?"

Since the December agreement, the two countries have held several meetings on restoring diplomatic relations and opening embassies. After two days of talks in Washington, Cuba and the United States said on Friday they had made progress and would continue negotiations in the coming weeks.

REUTERS

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New crayfish species

Indonesia

'Cosmic' crayfish species confirmed

A crayfish in Indonesia whose shell color seems to be modeled on a starry galaxy has been confirmed as a new species. The blue-and-pink crayfish, named Cherax pulcher ("pulcher" meaning "beautiful" in Latin), was identified by German scientist Christian Lukhaup, whose work was published in the journal ZooKeys. **MWN**

Quoted

"This is the new species that finally has a name. I have spent 13 years to have it finally done!" **Christian Lukhaup,** independent scientist from Germany

Specimens of Cherax (Astaconephrops) pulcher crayfish are found in Hoa Creek, near the village of Teminabuan, in West Papua.

PHOTOS BY CHRISTIAN LUKHAUP

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Happy days are here again. / ALL PHOTOS GETTY IMAGES

Emma Stone and Andrew Garfield spotted together

Rumors has it the break Emma Watson and Andrew Garfield had been taking from their relationship is all done, since they've been spotted enjoying some meals together in L.A., and now this: Paparazzi caught the pair out grocery shopping, and I think we all know what that signifies. I mean, I know a Ralph's supermarket in Malibu isn't the most romantic venue, but they were holding hands, man. It was the first time they'd been photographed together since January. "It was always a 'break' due to schedules," a source assures E! News. "They care for each other and always have the best time when together." Even at the grocery store, apparently.

John Stamos 'heartbroken' about the Olsen twins news

So those reports last week that Mary-Kate and Ashley Olsen had come around on the upcoming Netflix "Full House" reboot? Yeah, not so much. And if you think you're broken up about it, check out John Stamos. First he simply tweeted the hashtag "heartbroken" before heading to Facebook.

"Just so you reporters know, this is not a money gig for any of us. Quite the opposite," he wrote. "Sad that a few don't share the rest of the cast's opinion."

You don't got it, dude.

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
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ned.ehrbar@metro.us

Chris Pratt invents the preemptive apology

"Jurassic World" star Chris Pratt is looking to get out in front of whatever potential flub he might make by releasing a wonderfully worded catch-all apology message before he even begins his press tour. "I hope you understand it was never my intention to offend anyone. And I fully regret what I [accidentally will have] said in [the upcoming foreign and domestic] interview[s]," Pratt writes. "I am fully aware that the subject matter of my imminent forthcoming mistake, a blunder [possibly to be] dubbed 'JurassicGate' is [most likely] in no way a laughing matter. To those I [will likely have had] offended rest assured I will do everything in my power to make sure this doesn't happen [again]."

Guys, seriously, cut it out.

Stop asking Katy Perry about her ex-husband, OK?

Sheesh. You marry one famous comedian who then divorces you 14 months later, and reporters will never let you hear the end of it. Katy Perry is still getting questions about Russell Brand more than three years after their split, and you know what? She's had enough. "He hasn't spoken to me since he texted me saying he was filing for divorce," she tells the Daily Telegraph. "I don't want to talk about him. My songs will say what I need to say." So quit it, all right?

Daily video

@COLDPLAYOFFICIAL/YOUTUBE

'Game of Thrones,' the Musical

Sure, "Game of Thrones" is hugely popular and all, but what if it were a really embarrassingly bad Broadway musical? For the first U.S. edition of Red Nose Day, Chris Martin and Coldplay embarked on just such a foolish errand, with cast members joining in to bring songs like "Rastafarian Targaryen" and the incest-promoting "Closer to Home" to life. As Dame Diana Rigg puts it: "It's the worst idea I've ever heard." But wait, is that Liam Neeson narrating?

2 CULTURE

Twitter feed

Today, Lorde is redecorating, Karen Gillan has devoted fans, Steven Soderbergh preps you for his end, Tom Arnold is no scientist and Rose McGowan is out.

@lordemusic:
just put an amazing lightbulb in in my room it's red and blue and green and the light moves in tiny coloured flecks like a disco ball.

@karengillan:
Today I almost signed a baby. What is happening?

@Bitchuation:
When you hear I've died, listen to Beck's 1000 Bpm. It will totally help! I love that song!

@TomArnold:
I know the father-son body switch thing is real because I've done 3 movies where it happened.

@rosemcgowan:
Okay, I'm bored. Bye.

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DAENERYS AND TYRION MEET AT LAST

So, are Tyrion and Daenerys ready to take over the world now? / MACALL B. POLAY, HBO

Episode MVPs

One of the criticisms leveled at this season of "Game of Thrones" is that it's been too slow. And indeed, the show has moved at a more deliberate pace compared to last year. "The Gift," however, propelled several plotlines forward, starting with the one surrounding Cersei Lannister in King's Landing.

All season long, Cersei has been manipulating a fanatic religious group called the Sparrows into doing her dirty work. As an organization that exists to punish the wicked, it was inevitable that the Sparrows would eventually turn on Cersei, who's done plenty of horrible things but always thought herself too sly to get caught. She steps into a trap of her own making this week, and it was satisfying to finally see her many misdeeds catch up with her.

Meanwhile, across the Narrow Sea, Tyrion Lannister and Daenerys Targaryen met for the first time. This is a watershed moment for the series, and one that puts it ahead of the books. With the possible exception of Jon Snow, Tyrion and Daenerys are the two most important characters in the story, and the prospect of an alliance between them opens up all kinds of possibilities.

'Thrones' on the Web

WINTER IS COMING

As the editor-in-chief for Winter Is Coming, Dan Selcke spends his time writing about the latest "Game of Thrones" news and preparing for the long night that will have no end.

Read more at **Winteriscoming.net.**

Our watch for next week begins

Up in the North, things were in a bit of a holding pattern, with Stannis marching on Winterfell and Sansa exploring ways to escape her frightening new marriage to Ramsay Bolton. These plotlines are on a collision course, but it may take another episode or two to get there.

With the finale almost in sight, it's time to start looking back and evaluating how Season 5 will fit into the overall show. The measured pacing some fans have complained of was actually pretty common of "Game of Thrones" prior to Season 4, and the producers have done a great job maneuvering the pieces into place so the final chunk of episodes hits with maximum force. The next few weeks should be quite a ride.

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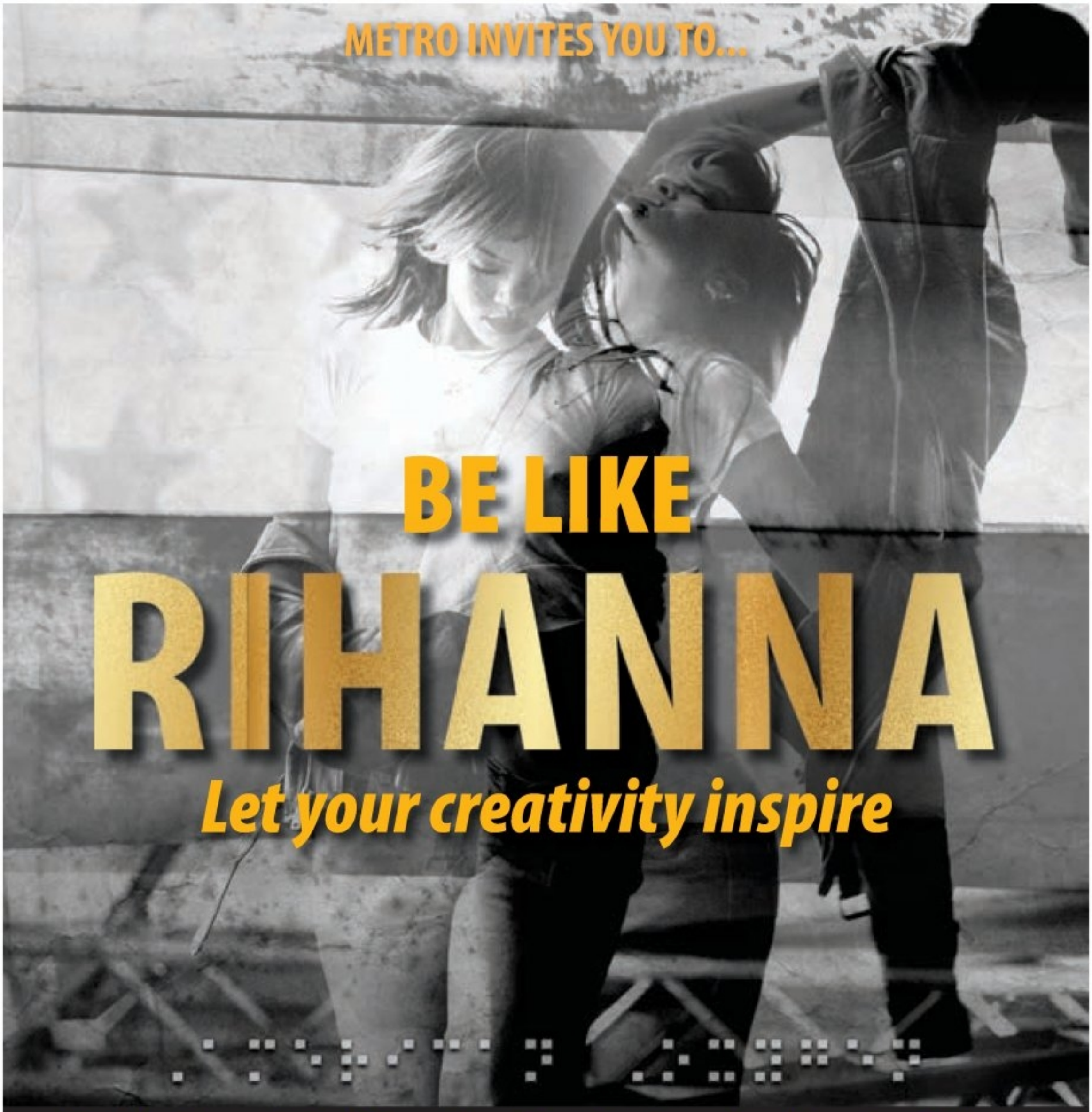

Metro is launching an exclusive global competition, calling on its readers to embrace their creative spirit. We want you to design a **MOOD BOARD (COLLAGE)** to show how you would inspire **RIHANNA'S** next music video, dress or movie. Whatever kind of creative you are – whether it's through pictures, art or words – bring together your most artistic images, sketches, cuttings and anything in between.

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Prepare your finest act: 'AGT' is back

Interview. "America's Got Talent" judge Heidi Klum is ready for a new season of the talent show.

The TV world sometimes seems to have 10 reality competitions for every specialty, whether it's cooking, singing or designing clothing. But "America's Got Talent" is the rare show that is looking for almost any kind of talent. Contestants can audition with whatever they're good at, whether it's singing or something more unusual, like magic tricks. The show returns tonight with a new season of talented hopefuls, with judges Heidi Klum, Howard Stern, Mel B and Howie Mandel weighing in on their skills, with some help from host Nick Cannon. We got the skinny from Klum on tips for people auditioning, and what talent she'd showcase if she were auditioning.

Do you find you prefer certain types of acts over others?
I love being surprised! Anyone who comes onstage and can really shock me with a new and interesting talent that I've never seen before always gets my vote. I do also love the kids that come on our stage. They put their little hearts and souls into their performances, and I'm always wowed by what they are capable of.

What advice do you have for people considering an audition?
Always be true to yourself. Do what makes you happy. Don't come audition with some talent that you think will get the most laughs or claps. Do what you love and stick to it. Master that. The audience loves to see people who love what they're doing. Maybe also ask a really honest, close friend for feedback before you come on.

Do you find yourself getting caught up in the stories of the performers?
You definitely listen to some of the stories and feel for what the contestants have been through, but ultimately, it's a talent competition. They have to show us what they can do and why they deserve to be a million-dollar act in Vegas.

As a judge, what kind of feedback do you think is important to pass on to people?
A lot of people come onstage and forget to connect with the audience. Performing is all about forming that connection. The viewers at home are voting. You want to show them your special sauce.

What performance has most surprised you?
We had a guy on the show who called himself The Regurgitator. I don't want to spoil too much, but I think the name really

GETTY IMAGES

NOTICE OF PUBLIC HEARING AND PUBLIC COMMENT PERIOD
PHILADELPHIA HOUSING AUTHORITY

The Philadelphia Housing Authority (PHA) is a participant in the Moving to Work Demonstration Program (MTW) pursuant to an Amended and Restated Moving to Work Agreement (MTW Agreement) with the US Department of Housing and Urban Development (HUD). The MTW Agreement defines the terms and conditions under which PHA is a participant in the MTW Program and requires PHA to submit an MTW Annual Plan for HUD review and approval. PHA's MTW Annual Plan for Fiscal Year 2016 was originally submitted to HUD in January 2015, and is currently awaiting HUD approval.

PHA is seeking public review and comments on a proposed amendment to the FY 2016 MTW Annual Plan concerning PHA's plans to convert 57 public housing units to project-based assistance under the Rental Assistance Demonstration (RAD) program. The PHA Board of Commissioners approved PHA's application to HUD for conversion of 3,433 public housing units under the RAD program in December 2013. Subsequently, in March 2015, HUD approved PHA's application through the issuance of award letters which serve as Commitments to Enter into Housing Assistance Payments Contracts (CHAPs).

The proposed amendment provides additional information as required by HUD concerning PHA's RAD conversion plans. The proposed amendment is incorporated in its entirety into the FY 2016 MTW Annual Plan through an attachment entitled "Rental Assistance Demonstration Significant Amendment". It is available for public review and downloading on PHA's website at www.pha.phila.gov under the "Latest News" section or may be picked up at:

Housing Choice Voucher Program Office - 2850 Germantown Ave 1st & 2nd Floor

Scattered Sites Management Offices:
4445 Holden Street
2500 Jackson Street
3226 McMichael Street
2411 N. 11th Street
715 Brandywine Street

Public Housing Management Offices:
Bartram - 5404 Gibson Drive
Wilson Park - 2500 Jackson Street
Raymond Rosen – 2301 W. Edgley Street
Norman Blumberg - 2311 W. Jefferson Street

PHA will conduct a Public Hearing on the proposed amendment. PHA residents, Housing Choice Voucher participants and the general public are invited to attend and provide comments at the Hearing and/or to submit written comments during the public comment period.

The Public Hearing is scheduled for May 20, 2015, from 3 p.m. until 5 p.m. at 12 S. 23rd Street, Philadelphia, PA 19103 - 6th floor

The public comment period begins on May 5, 2015 at 12 noon and ends June 5, at 2 p.m. All comments must be received at PHA's office by the end of the comment period. **Please send written comments to: Philadelphia Housing Authority, Office of Policy, Research and Enterprise Planning Attention: MTW Plan Amendment Comment, 12 South 23rd St., Philadelphia, PA 19103**

The Public Hearing is being held in an accessible location. If you require assistance, sign language interpreter or other accommodations, please call 215-684-4000. Please use the AT&T Relay Service for TTY.

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Auditions

Secret skills

If you were going to audition for the show, what skill would you show off?
People always ask me to yodel. I don't think I would necessarily audition as a yodeler, but we did have a yodeling granny this season, and I gave her a run for her money!

speaks for itself. I was amazed. There are almost no words to describe it because I have never seen anything like it before, and neither have you!

LISA WEIDENFELD
@LisaWeidenfeld
lisa.weidenfeld@metro.us

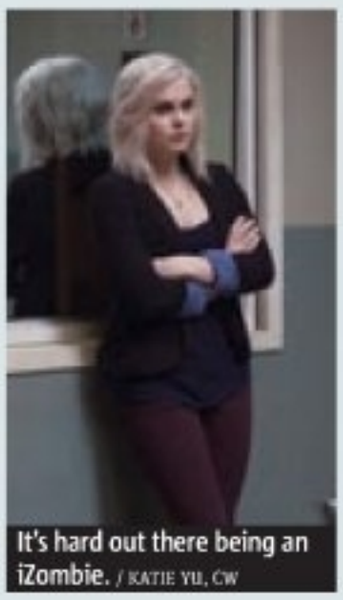
Catch Klum on the premiere of "America's Got Talent" tonight at 8 p.m. on NBC. / ISABELLA VOSMIKOVA, NBC

TV watch list

REALITY

'Hell's Kitchen'

The top five contestants are battling it out for a pretty sweet prize: a helicopter tour of Los Angeles. When we cook a very good meal, our prize is just extra dishes to wash, sadly. **9 P.M., FOX**



It's hard out there being an iZombie. / KATIE YU, CW

DRAMA

'iZombie'

Liv has to investigate the death of someone who's close to Majer after what seems to have been a suicide, and the resulting feelings from the brain are more paranoid than she expected. **9 P.M., CW**

GAME SHOWS

'I Can Do That'

Ever wondered what kind of talents Joe Jonas and Ciara are hiding? They'll try to show them off in this show, which will feature them performing with such luminaries as Penn and Teller and the Harlem Globetrotters. **10 P.M., NBC**

COMEDY

'Inside Amy Schumer'

We all know Amy Schumer doesn't shy away from controversy, but she's taking on a pretty big issue in tonight's show: defending Bill Cosby. **10:30 P.M., COMEDY CENTRAL**

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Rescuing the Holy Gay Flame

Onstage. Pig Iron Theatre's Dito van Reigersberg describes "I Promised Myself to Live Faster" as "a crazy gay sci-fi fantasia."

Pig Iron co-founder Dito van Reigersberg experiments with blending his alter ego, Martha Graham Cracker, with the theater company's productions in "I Promised Myself to Live Faster."

If you go

'I Promised Myself To Live Faster'

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www.fringearts.com

Science fiction has long held a certain allure for artists outside of the mainstream to tackle contemporary social issues in the guise of genre fantasies, from the underground films of the Kuchar brothers to the Afrofuturism of Sun Ra. Even a mainstream sci-fi offering like "Star Trek," as Dito van Reigersberg points out, was the first scripted TV series to feature an interracial kiss.

"Sci-fi is a testing ground," says van Reigersberg, a founding member of Pig Iron Theatre Company. "It's a place where things that we're a little nervous about in reality can be tested out in a place where the rules and consequences are different — especially if you're in a group that wants the rules to be different."

Pig Iron's latest show, "I Promised Myself to Live Faster," is the groundbreaking Philly company's own twist on the genre, described by van Reigersberg as "a crazy gay sci-fi fantasia." The piece involves a gay man charged by a group of outer space nuns to rescue the Holy Gay Flame from an evil emperor. It draws on the fact that early sci-fi films were also known as "space operas," and it uses the heightened, colorful emotions of opera.

The show was inspired by the work of New York theater artist Charles Ludlam, founder of the Ridiculous Theatrical Company, who died of AIDS in 1987. In Ludlam's work as a hairy-chested drag queen, van Reigersberg found a kindred spirit to his own hirsute alter ego, Martha Graham Cracker.

"For a long time, I kept Martha and Pig Iron separate," van Reigersberg says. "But we started to wonder what it would be like if the spirit of Martha was the starter dough for a piece, and we threw it to the Pig Iron ensemble to see what kind of sourdough bread we would get out of it."

SHAUN BRADY
@MetroPhilly
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The message

More fabulous

While van Reigersberg describes the play, with its over-the-top extraterrestrial sexuality and hyper-stylized visuals, as "pleasurably dumb," he also points out that a more serious thread runs throughout, hinting at the toll of the AIDS crisis in the 1980s.

"Gay bars in the '70s were much more sumptuous and fabulous. In the '80s, with the advent of AIDS, there was a push toward a more masculine ideal, a death of the fabulous and a squelching of a more exuberant impulse. There's something about that change that haunted us, so there's a tragic molten lava at the core of this piece that overflows by the end."

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Win two tickets to see Rihanna

Don't miss out. Be a part of Rihanna's latest project. Yes, the pop superstar is joining up with us to offer our readers an incredible, mind-blowing prize.

GETTY IMAGES

Rihanna is known for her cheeky Instagram snaps, and now, with the help of Metro International, she's teasing her fans with the release of her eighth studio album.

While the exact drop date is RiRi's own little secret, the singer has teamed with us for an exclusive global competition pegged to her much-anticipated upcoming record.

Together, we are offering you the chance to win a trip for two to see Rihanna live in concert later this year with a slew of other goodies, like two nights in a hotel. You might say it has star quality written all over it.

All you have to do is let your creativity inspire you and design a mood board to show how you would put together Rihanna's next music video, dress or movie. So, whatever kind of creative you are — whether it's through pictures, art or words — bring together your most artistic images, sketches, cuttings and anything in between.

Remember, you don't have to stick to just music: The superstar singer, as well as being a red carpet fashion staple, has collaborated with River Island, Armani and, most recently, Puma. And don't forget, the Bajan-born musician has also graced Hollywood, lending her voice to the DreamWorks animated film "Home."

Yes, Rihanna's "American Oxygen" lyrics, "sweat for a nickel and a dime" only to "turn it into an empire," ring true for the hitmaker's career. Now it's your turn to get "hustlin'" and enter this one-of-a-kind competition via the Metro US Facebook fan page. The winners will be revealed June 29. MWN

Prize

What does the competition winner get?

The lucky winner, whose mood board wows Rihanna the most, will score the following grand prize:

- Two tickets to see Rihanna live in concert in Philadelphia later this year (date to be confirmed)
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ISTOCK

HOW TO GET AHEAD

How to be happy at a job you hate

Laszlo Bock, the head of people operations at Google and the author of "Work Rules!" gives four tips on how to make the most of your job.

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Having your dream job is a luxury most people don't have, but that doesn't mean you have to spend your eight-hour shift miserable, counting down until happy hour. If anyone knows a thing or two about making work fun, it's Laszlo Bock, the head of people operations at Google. Here are a few of his tips:

Assume the best in people

If you think your boss is a jerk or one of your co-workers has a bad attitude, Bock says it helps to remember that everyone has stuff going on in their personal lives, and he or she could be projecting that at work.

"If someone comes into a meeting looking angry and drops their bag, we tend to think, 'Well, that person is a real jerk.' We don't assume maybe their dog is sick, or he or she has all these stressful things going on," Bock says. It's certainly better than the alternative, assuming everyone is a terrible human being. "Assuming the best in people is a much nicer way to live," Bock says.

Focus on the few things you do like

Bock suggests "job crafting," making a list of everything you do at work and shifting your time to focus on the things you most enjoy. "Even if [realistically] you aren't able to change your job, the simple act of making that list makes you more aware of the things you enjoy, and that will make you happier and more productive," he says.

Laszlo Bock is the author of "Work Rules!" and the head of people operations at Google. ERIC LAURITA

Express gratitude

It turns out, acting happy at work even when you aren't, and being nice to your co-workers even if they secretly annoy you, can make you actually feel happier. Bock says even devoting just a few minutes a day to outwardly expressing gratitude will really lift your mood.

"It can be as simple as writing thank-you emails or sitting and reflecting on things you enjoy and things you feel happy about," he says. "Just focusing on the few [parts] of the day you're grateful for or thanking other people has a positive effect."

Realize no one loves their job all the time

Bock says even he has days when his job is not fun. "There's no job that will make you deliriously happy all the time. That's why people get paid to work," he says. "Especially when you are early in your career, it's important to remember that. And it gets better."

How to land a job at Google

Over 2 million résumés cross Bock's desk each year from people hoping to work at Google. Some do pretty crazy things to stand out. "I got a robot in the mail the other day," he tells us. It turns out, you don't have to go to extreme lengths to get his attention. Here's what he looks for when going through résumés:

1 Spellcheck. "It sounds basic, but make sure you don't have any mistakes on your résumé. It's too easy of a way for a recruiter to reject you."

2 Be specific. "Describe what you accomplished, why and how it was measured. Instead of just saying you were employee of the month, say 'I was awarded employee of the month as a result of high customer satisfaction,' or 'I ranked 10th out of 50 top associates in the first six months of the year.'"

3 Play up your experience. "Several years ago, [recruiters] focused on where you went to school and your grades, but we stopped caring about that stuff because none of that has actually proven how you're going to perform." Instead, use your résumé to show what you've done related to the job you're applying for.

How to crush your summer internship

Four expert tips that could turn your internship into a job offer.

RAQUEL LANERI
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So, you've finished the school year. Hooray! But, guess what, your work is far from over — especially if you've gone ahead and landed yourself a summer internship. That's because an internship isn't merely a job or a resume-builder. It's a time to discover what you really want to do with your life, make connections that can help you after graduation and serve as an audition for a full-time job.

We asked Joan Kuhl, founder of Why Millennials Matter, for her tips on making the most out of your summer internship. Follow her advice, and you could be getting a job offer (or at least some killer references) by season's end.

Practice your introduction

First impressions are key. "People are making judgements about you based on how you look and talk in the first six to seven seconds," says Kuhl. But, you can help control your initial impact by coming up with a killer intro. "Don't just say your name, say how you're so excited to be working there, tie it into your major and your passion," she advises. And, because even the most poised of us can stumble sometimes, prepare and practice your two-sentence intro ahead of time so you'll be sure to deliver when push comes to shove.

Make a good impression by offering to take on extra responsibilities. ISTOCK

Make yourself known

The most successful interns don't just do what's asked of them. They make noise. "Sometimes you have students who work so hard, but they put their head down and do the work and that's all," says Kuhn. Ask lots of questions, offer to take on extra responsibilities and put yourself in front of different managers in different departments (you never know who will be hiring). "It's about having a voice and building a brand, credibility and a reputation," says Kuhn.

Bust their age biases

Some people you will come across at your internship will have preconceived notions about millennials. The trick is to anticipate these biases and act the opposite way. "Some stereotypes of millennials are that they're lazy, they don't want to roll up their sleeves, they feel entitled to a promotion even if they didn't put in the hard work," says Kuhn. "Always be on time, professional and appropriate. Show that you have a high regard for work and are a great ambassador for the company."

Hate your internship?

"You can be so excited about doing a particular job, and it turns out to be the opposite of what you were expecting. But the worst thing to do is just go through the motions," says Kuhn. "Reflect on why you don't like it, and what kind of work you might actually enjoy. Maybe you can find another department at the same company that's more suited for you — set up a coffee meeting with someone in that department."

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Yes, as a junior or senior, you're probably busy with exams, a crammed class schedule, extracurricular activities and making summer plans. But so is everyone else around you, and chances are they could use your guidance. You have a lot to offer the newer students still finding their way — and sharing your knowledge through mentoring can be a résumé booster for you, too. Here are four reasons why mentoring others can advance your career goals, too.

Don't just ask good questions — listen carefully to the answers. ISTOCK

You'll become more well-rounded

Mentoring is a chance to acquire valuable leadership skills before you're in an actual position of power. Think about it: You're giving constructive feedback, communicating in a clear and concise way and being decisive. Developing these skills in a low-pressure environment will create multiple opportunities for learning and will ultimately set you apart from your peers. As the relationship progresses, you'll also be able to ask your mentee for honest feedback that will allow you to further improve.

You'll see how other people solve problems

While guiding your mentee through a situation, you may notice that he or she finds a unique solution to an issue that you would not have thought of. Mentorship is a rare opportunity to gain a closer view into another person's perspective and decision-making process and to simultaneously learn from it.

You'll reflect on your own actions

As you mentor someone, you'll likely provide candid advice based on your own successes and failures. Sharing your experiences will encourage you to reflect on the past and pinpoint what you may have done differently and come to appreciate how your skills, maturity and judgment have progressed.

Let's get started

1 Put yourself out there: Let your teachers know you're interested in working with other students.

2 Take initiative: Reach out to groups that work with students based on your field of interest or expertise.

3 Don't limit yourself: If you have a busy schedule or your mentee lives far away, use Skype to replace coffee chats or even use text messaging for quick questions.

Someday, you'll need your mentee

Building a base of people who can advocate for you and speak to your leadership qualities is invaluable. Your mentee will have their own individual network, and they may even have multiple mentors. The next time you encounter an issue of your own, your mentee's connections could be vital to you. "Can you help my friend with a problem she's been having?" does not sound as good as, "Can you help my mentor? She's been really helpful to me." Allison Tse

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Five commencement speeches with inspiring real-world advice for graduates

First lady Michelle Obama, actress Maya Rudolph, comedian Stephen Colbert and more don't shy away from addressing today's tough topics.

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It's a scary time for graduates to charge into the real world. There's the economy, global warming and racial violence. That's when a great commencement speech can really help. The best ones so far this year haven't avoided the issues of the day but addressed them head-on, offering hope, inspiration and purpose.

First Lady Michelle Obama

Tuskegee University
"Our history provides us with a better story, a better blueprint for how we can win. It teaches us that when we pull ourselves out of those lowest emotional depths, and we channel our frustrations into studying and organizing and banding together — then we can build ourselves and our communities up. We can take on those deep-rooted problems, and together — together — we can overcome anything that stands in our way."

ALL PHOTOS GETTY IMAGES

Apple CEO Tim Cook

George Washington University
"The one thing I'd like to bring to you is the idea that progress is possible [in] whatever line of work you choose. There will always be cynics and critics on the sidelines tearing people down, and just as harmful are those people with good intentions who make no contribution at all. In his letter from the Birmingham jail, Dr. King wrote that our society needed to repent not merely for the hateful words of the bad people but for the appalling silence of the good people."

Scientist Bill Nye

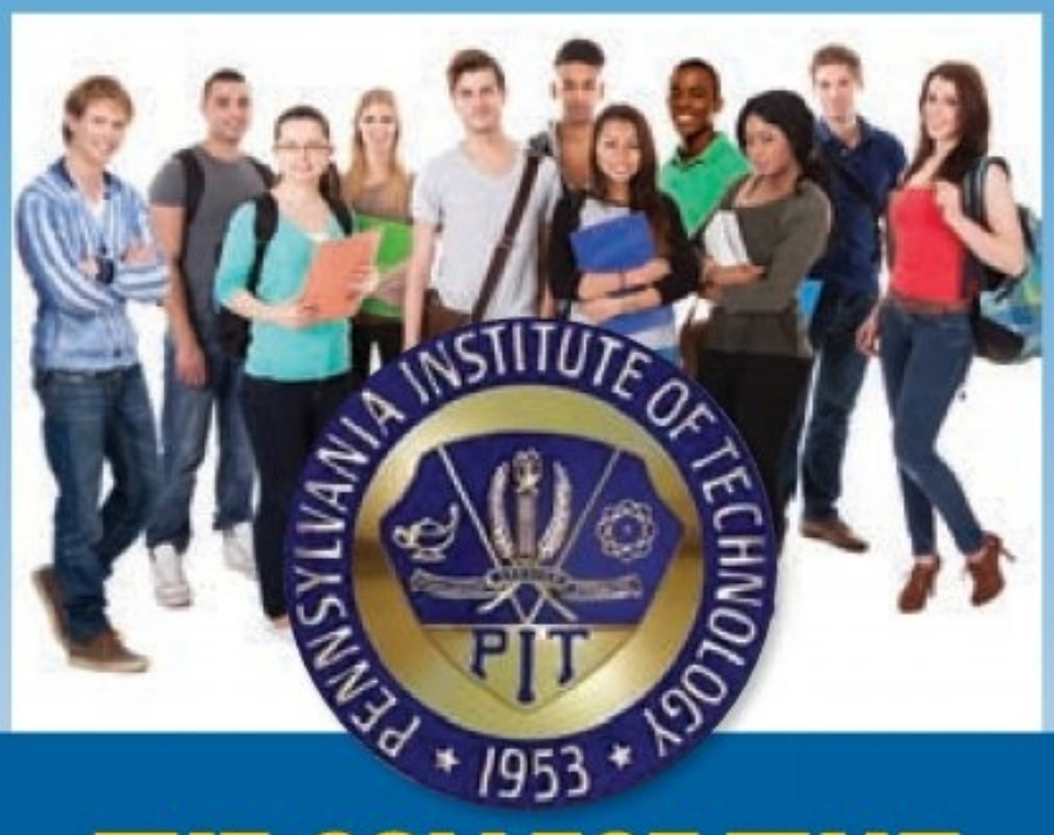
Rutgers University
"The oncoming trouble is climate change: It is going to affect you all in the same way the Second World War consumed people of my parents' generation. They rose to the challenge, and so will you. They came to be called The Greatest Generation. I want you all to preserve our world in the face of climate change and carry on as The Next Great Generation."

Actress Maya Rudolph

Tulane University
"If I must give any of you advice, it would be to say yes. Say yes — and create your own destiny. So hold on to your old friends. Kiss your mama. Admit what your dreams are. Don't beat yourself up if you don't know what you're going to do tomorrow, but work hard and don't be lazy. And put away your damn phone once in a while. Be nice to jerks because we still don't know the criteria for getting into heaven yet."

Comedian Stephen Colbert

Wake Forest University
"And if there's one thing you need even more, it's your own set of standards. It may seem counterintuitive now, but once you leave here, you may miss being graded on all your work. Because when you're out of school, there are no objective criteria for achievement anymore. People my age will sometimes say to you, 'Hey, that work you did, that thing you said, that cause you championed, it's not good.' Well, having your own standards will help you weather moments like that. Having your own standards allows you to perceive success where others may see failure."



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I can't remember if I was anxiety-prone before I moved to New York City or if moving there made me more anxious. But in an overcrowded city where everyone is overcaffeinated and overworked, feeling a bit on edge has become my new normal.

Sensing that I needed a vacation, a friend — and one of those rare city residents who doesn't wear all black and never seems to be in a rush — suggested I take off work for a week (gasp!) and go to Oahu for Wanderlust, a yoga and meditation festival. So I went, turning off my phone for the first time in years.

One of the biggest things I picked up on from everyone I met, from my gracious hosts to my surf instructors and even my taxi drivers and hotel bellhops, was that no one seemed even a smidge stressed-out. In fact, they all seemed happy. So besides bringing home delicious macadamia nuts and Kona coffee, I brought back habits gleaned from the Hawaiian people that have truly reduced my anxiety.

Be conscious of what you put into your body

It would be a crime to cut out pizza, bagels and doughnuts forever, but studies have shown that a sugary and carb-heavy diet can lead to anxiety, causing spikes in mood swings and crashes. Nutrition and mental health are more directly related than we ever thought.

In Hawaii, fresh fruit and fish were part of virtually every one of my meals, from chef Chai Chaowasaree's ahi with tomato-mango salsa to Nobu Waikiki's black cod miso. But I never felt overstuffed or gross the next day, like after binge-eating other foods. Now that I'm home, I'm craving chef Chai's simple dessert of fresh pineapple slices even more than sugary cupcakes. (Try your hand at cooking Hawaiian-style with chef Chai's miso sea-bass recipe at Metro.us.)

Find your peace

I took a hula dancing class with master hula teacher Liko Cooke, and she said something that stuck with me: "Hawaiians believe saltwater is healing. Whenever I come back from a vacation, I immediately go for a swim in the ocean. Here, if someone is sick, they drink warm saltwater. We even use sea salt to bless our food." Translate this principle to a place that heals your spirit, whether it's a secret spot in the park, your favorite local cafe or somewhere else entirely, and go there regularly. You don't need white sand beaches and frothy waves to find your peace.

Get your adrenaline going

My favorite part of the trip was taking surf lessons, first at Hilton Hawaiian Village and then at my hotel, the Waikiki Parc. The adrenaline rush of catching a wave followed by the complete peace of paddling in the water was therapeutic. But there are other ways you can get the same feeling closer to home. Try an extreme workout like trapeze. Take that improv class. Whatever will give you a natural high and a sense of accomplishment, do it.

Appreciate your surroundings

Hawaiians are really in tune with their environment. At Wanderlust, yoga poses were often described in ways that reflected the immediate surroundings. The teachers spouted instructions like, "Stand like you are straddling a whale," and, "Turn your chest out like a dolphin." Cities may have less nature than Hawaii, but we often live like we're passing through in a blur. Just taking the time to stop rushing and look up once in a while — who cares if you look like a tourist? — can take you out of the bustle of the street for a moment of calm. Use it as a chance to remind yourself that you are exactly where you're supposed to be. Who needs tree pose when you can do skyscraper pose?

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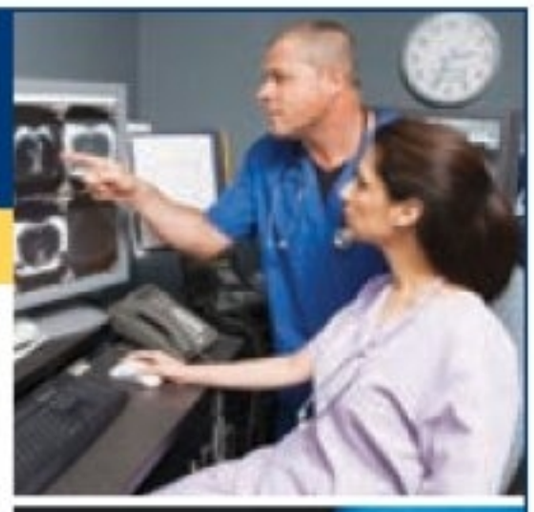

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Pole dancing is a serious workout — but it won't make you feel sexy.

MATTHEW LEE
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As a child I dreamed of only two things: catching all 150 Pokemon and pole dancing.

I never did get around to catching them all, but now I can proudly say that at the age of 24, my pole dancing dreams have finally been realized.

The morning of my class, I woke up at the crack of dawn. To my disappointment, we didn't start with pleasure but with torture: half an hour of what I can only describe as endurance yoga.

But then it was time to get acquainted with our dance partner. We began with "grounding" ourselves to the pole, gripping it with one hand and strutting around it.

"Yeah, yeah, this is great. But when am I gonna swing? I want to swing, damn it! Let me swing!" I screamed in my head while gracefully circling the pole. I outwardly kept my cool, snaking around the pole like a ballerina in "Swan Lake."

Finally, our teachers revealed we would now learn how to swing. I got so excited I started to feel a little light-headed. They were incredibly patient with us and slowly went through each movement: where to place your hands, where your hips should rest and, most importantly, how to hook one of your legs to the pole for the perfect spin.

This portion of the class was really challenging and took a lot of tries to get right. Each time I spun around the pole, I felt like I was learning how to tie a shoe again, except that my whole body was the laces being wrapped into a knot.

When I finally was able to hook one of my legs and "fly" around that pole, it was a Freudian dream come true! I should warn you, though, that the dream comes with a price: By the end, your knees will hurt, and your inner arms and thighs will get a little pole burned (an intriguing sensation, to say the least).

I felt about as sexy as undercooked pasta and probably looked about as comfortable as Carrie Fisher in her Princess Leia slave dress.

The moves that come with pole dancing aren't exactly feminine, so much as they're sensual and expressive — two things most men (straight and gay) aren't used to being. Even I, a forest fire of a gay man, had trouble with letting my body roll and popping my ass out with attitude and just being sexy in general. I felt about as sexy as undercooked pasta and probably looked about as comfortable as Carrie Fisher in her Princess Leia slave dress.

So, ladies, I highly suggest pole dancing classes. In all seriousness, it's an awesome workout and a great way to feel like a silly, sexy sloth.

And boys, if you're thinking about taking a pole dancing class, I say do it! Get in touch with your body in an entirely new way and build up its strength and endurance at the same time.

The author with trainers Rommel Ochoa and Michelle Stanek. PROVIDED

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Is eating healthy only for the rich?

When produce is cheaper, kids' BMIs are lower. ISTOCK

A scientist proposes fixing the obesity crisis with money — but not the way you think.

ELODIE NOEL, MWN
@MetroPhilly
letters@metro.us

Eating better might well be the best way to trim our waistlines, but it's also hitting the wallet hard.

According to a new analysis by the Overseas Development Institute, the cost of fruit and vegetables in Brazil, China, South Korea and Mexico has risen by up to 91 percent between 1990 and 2012, a price hike higher than any other food group. In comparison, the cost of some processed foods like cakes and cookies has dropped by 20 percent.

In the U.K., the price of ice cream dropped by half in the same period, while the cost of fresh green vegetables tripled. A 2014 study out of American University in Washington, D.C., found that fruit and vegetable prices have risen 17 percent domestically between 1997 and 2003. The researchers also looked at children up to age 5 living in impoverished families and compared their BMIs to food price data. Their finding: As prices for fresh produce rose, so did the average BMI relative to that of children in areas where fruits and vegetables cost less.

"I would love to see an experiment where we introduce an additional 15 percent tax on unhealthy foods and spend all of the proceeds subsidizing fruit and vegetables," suggests Wiggins. "This would probably provide a subsidy of 30 percent for fruit and vegetables. Then we can monitor changes to diets and incidence of diet-related disease."

Last January, Mexico did just that, introducing taxes on sugary drinks and energy-dense food in a bid to halt its rising obesity rate. Wiggins' team is watching the results closely. If new taxes do work to help bring healthy foods closer to parity, the effects could be enormous.

"A 2009 simulation study in the U.K. concluded that taxing unhealthy foods and subsidizing fruit and vegetables would prevent 3,400 premature deaths plus reduce the occurrence of diet-related diseases," Wiggins says. "That's twice the number of people who die on the roads every year."

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Horoscope

♊ Gemini | May 22-June 20
Quarrelsome colleagues will be hard to deal with. Lay low and keep your opinions a secret. Work on a solitary project.

♋ Cancer | June 21-July 22
A chance encounter with an intriguing individual will brighten your day. If you keep plugging away, you will be proud

♌ Leo | July 23-Aug. 22
Stop procrastinating. If you have all the information you need, make a firm decision and stick with it. Wavering will end up wasting everyone's time.

♍ Virgo | Aug. 23-Sept. 22
Be open to new experiences. An invitation that may at first seem unappealing will bring an unexpected benefit.

♎ Libra | Sept. 23-Oct. 22
Don't allow anyone to treat you poorly. Chances are, the person causing you grief has jealousy issues. Your unique ideas make you appealing and popular.

♏ Scorpio | Oct. 23-Nov. 21
You can bring in some extra cash by marketing one of your original ideas. A person from your past will come back into your life.

♐ Sagittarius | Nov. 22-Dec. 21 If you are being taken advantage of, consider severing ties and moving on from an unhappy alliance.

♑ Capricorn | Dec. 22-Jan. 20 A business or personal partner will feel out of sorts. Go out of your way to include him or her in whatever you are doing.

♒ Aquarius | Jan. 21-Feb. 18 Examine your professional direction carefully. A possibility to increase your earnings is likely to emerge. Networking is a good way to keep abreast of marketplace events.

♓ Pisces | Feb. 19-March 20
Today is all about fun. You should get out and experience enjoyable activities with the people you like to spend time with the most.

♈ Aries | March 21-April 20
Don't try to force your ideas on others. Give everyone a chance to make up his or her own mind.

♉ Taurus | April 21-May 21
Romance is heating up. Share your intentions and ideas. You will be able to form a strong, long-lasting friendship if you volunteer to help a charitable organization. EUGENIA LAST

Sudoku: Easy and hard

	9				6	5		
5			8					
7						8	3	2
		5	7	8			2	6
			5	9	2			
2	3			4	1	7		
1	2	6						5
					5			9
		7	1				8	

					7			6
			3	5			9	
	2			9	6		1	
2	1		6				4	7
7				4				2
4	3				9		8	1
	8		9	6			2	
	4			1	3			
1			2					

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters to the editor

A memorable tableau

This one is for the five grown men and women I saw sitting on the sidewalk this morning. You had red cups in hand, drunk at 7 in the morning, cheerfully and loudly proclaiming that you had the day off for Memorial Day. This one is especially for the short-haired, curly blonde woman I saw drunkenly preaching to the high school students walking by that they should spend the weekend appreciating the people who have been in our armed services and died for our country, while your friends laughed at you and you laughed at yourself. I hope you're reading this, because did you happen to know that while you were laughing over your booze, you were sitting right across the street from a residential veterans program, where men and women are trying to fight alcoholism and addiction? Did you realize you were sitting across the street from a military veterans cemetery? Did you realize that the woman passing in front of you will spend this weekend mourning the loss of her first high school boyfriend, a Marine, and her deceased Navy grandfather? This one is for all five of you, because clearly you have no true idea of the meaning of the Memorial Day holiday.

KIRA VAUGHN, BOSTON

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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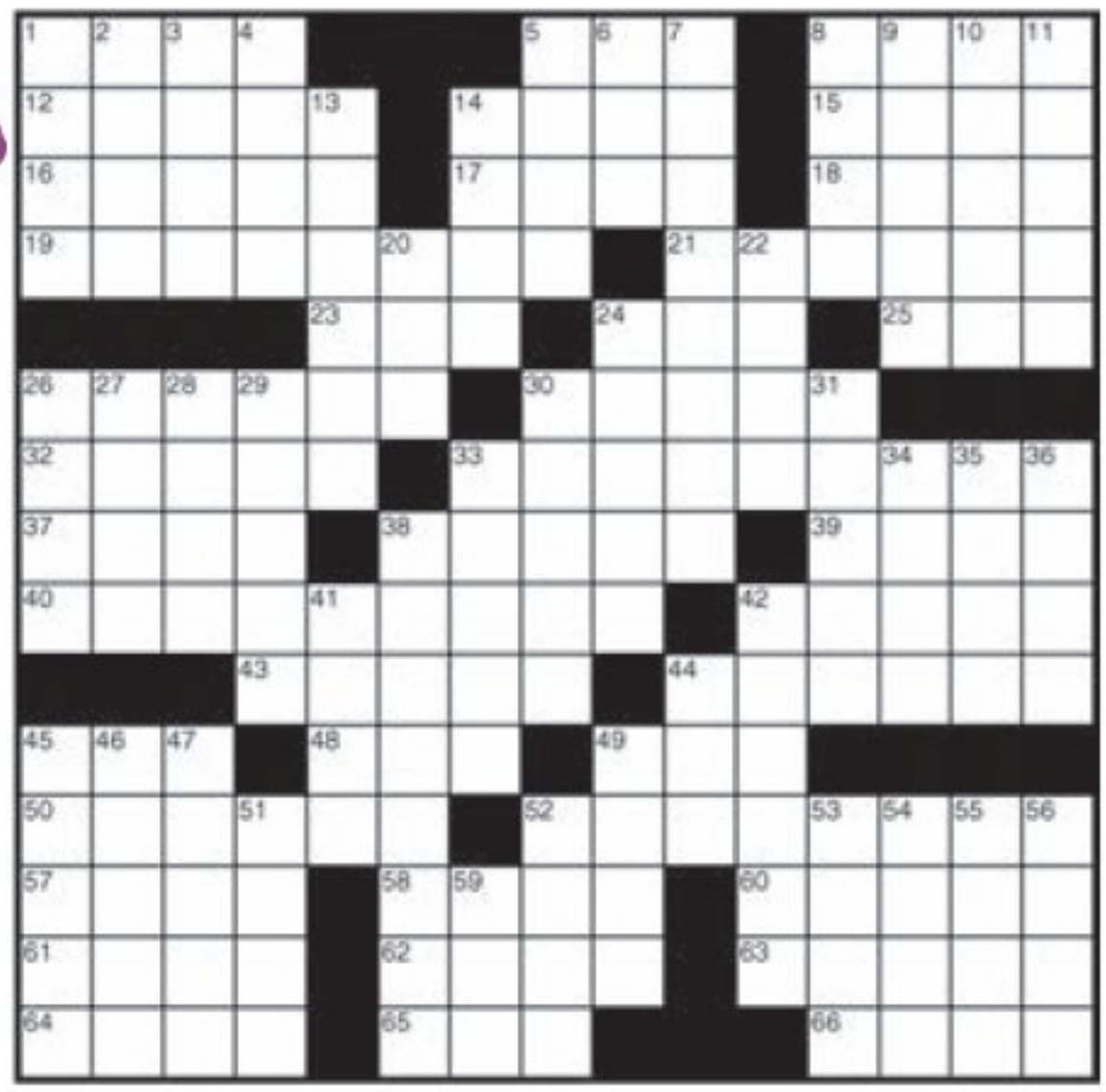
Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Crossword

Across
1 Male offspring
5 Mo. with no holidays
8 Woodland deity
12 Big-time operator
14 Pocket bread
15 Ocean flier
16 Jungian term
17 Shaman's quest
18 Plops down
19 Makes shiny
21 Realizes (2 wds.)
23 Grand total
24 Badminton need
25 Urban trains
26 Zigzag course
30 Fizzy drinks
32 Nimbuses
33 Brat's display
37 With, to Henri
38 Censor
39 Durable wood
40 Clean-up committee?
42 Yard enclosure
43 Madras garments
44 Hurled
45 Mai —
48 Gary's st.
49 Woolly animal
50 Ballet's Nureyev
52 Crabwise
57 Gas or tel.
58 Bulrush or cattail
60 Hold, as attention
61 Aloof
62 Gardner of mystery
63 Ill will
64 This, in Tijuana
65 Sushi morsel
66 Fix typos

Down
1 Trade
2 What have I done! (2 wds.)
3 Mr. Armstrong
4 Freight hauler
5 Objectives
6 Sporty truck
7 Joined forces (2 wds.)
8 Gab or slug ender
9 Pop up
10 No later than
11 Robin domiciles
13 Rodeo gear
14 Jingle or haiku
20 Fridge sound
22 Handy Latin abbr.
24 Eminent
26 "Candida" writer
27 Fluid rock
28 Porter and stout
29 Lomond and Ness
30 Tea-leaves readers
31 Jades
33 Like tartan
34 Jarrett and Beatty
35 Hamster's digs
36 Used sparingly
38 Elsa's story (2 wds.)
41 A bad thing to jump
42 Four-baggers
44 Youngster
45 Temporary peace
46 Traffic jammers
47 Dunce
49 Be a passenger
51 Earthen pot
52 Bear's advice
53 Towel off
54 Eager
55 Bigfoot's kin
56 Dele canceler
59 Before

Weekend's answer



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3 SPORTS

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Mets outslug Phillies

MLB. The Phils hung with New York but dropped a Memorial Day matinee, 6-3.

The Phillies' hot streak was fun while it lasted. After ripping off six wins in a row, the Phils have dipped back into a typical funk. Since May 19, they've gone 2-5, with their latest defeat coming on Memorial Day Monday at the hands of the Mets.

Justin De Fratus allowed a tiebreaking three-run homer to Wilmer Flores in the sixth inning at Citi Field and New York came away with a 6-3 victory.

Severino Gonzalez got the start for the Phillies and worked 4 1/3 innings, allowed three earned runs on six hits. He struck out eight Mets batters.

New York's Bartolo Colon picked up his seventh win of the year as he went six innings, allowed three earned runs on six hits while striking out six.

The Phils held a 2-1 lead in the third as Chase Utley's single to right drove in Ben Revere and Freddy Galvis. Ryan Howard would drive in the Phillies' final run with a sac fly in the fifth.

But the Phils' pitching staff had a penchant for allowing the long ball Monday. Lucas Duda and Michael Cuddyer each had solo blasts in addition to Flores' bomb.

Philadelphia continues its three-game set with the Mets on Tuesday (7 p.m., CSN). Jerome Williams (3-4, 5.44 ERA) is slated to get the ball for the Phils while the Mets will trot out Jacob deGrom (5-4, 2.75 ERA).

The Phillies return to Philly for a nine-game homestand on Friday.

MATT BURKE
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Wilmer Flores celebrates a three-run homer in the sixth inning Monday. / GETTY IMAGES

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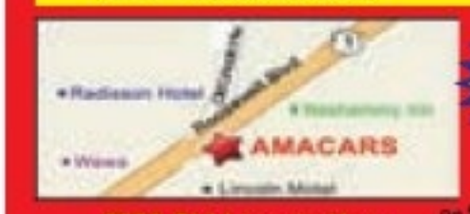

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MACNOW: SEVEN RANDOM THOUGHTS ON SPORTS, BEER, TV

Random thoughts on a sweltering May afternoon, while saluting those who served our country:

1 Nola love
I've seen the future, and it's named Aaron Nola. I drove 70 minutes to Reading last week to place eyeballs on the Phils' 2014 first-round pick. The kid pitched seven scoreless, allowing just four singles. More importantly, he threw strikes, changed speeds (from 93 to 76) and strutted like he owned the joint. It says here he'll be up by July and winning 14-16 a year by 2017.

2 About MCW
Special question for the blindly loyal Sons of Sam Hinkie fan club: What, exactly, did your supreme leader garner in return for Michael Carter Williams? While you danced around last week chanting the, "1-5-11" mantra, you failed to realize that the deferred Lakers pick will likely fall no better than, say, 15th next season. That's an unworthy return for MCW, even if he was a flawed Rookie of the Year.

Opinion

GLEN MACNOW
@REALGLENMACNOW
Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.

3 What to watch
The best TV you're probably not watching: "Broadchurch" and "Top of the Lake," two binge-worthy BBC detective dramas that will keep you guessing through their final episodes. Both available on Netflix.

4 Local yokels
Notice how the local TV ratings for postseason NBA and NHL matchups fall lower here than other big cities? It's not that Philadelphians are less-avid fans. It's that we're weary of watching a great party from the outside window. The Flyers and Sixers have each made the finals just once this century — both losing. So, you'll pardon us if our hearts aren't into celebrating as LeBron smooches the Larry O'Brien Trophy one more time.

Phillies fans have a reason to be excited about Aaron Nola. / GETTY IMAGES

5 Beer me
I'm generally a straight beer guy — no lambics, no chocolate-peanut-butter beer. But next time you're at a good bar, order yourself a Michelada, which is a beer cocktail made with lime juice and hot sauce. You'll be toasting me by the second round.

6 Safety sleeper
Player to watch at Eagles minicamp this week: Eric Rowe. He might settle in at safety, but Chip Kelly wants to first give him a go at cornerback. If Rowe can excel and start alongside Byron Maxwell, the Birds will have their first solid pairing at corner since Lito and Sheldon.

7 Back to the future
I made a list last week of the top players in each major sport who are currently 25 years old and younger. Top of the list: Anthony Davis, Mike Trout, Andrew Luck, Steven Stamkos. I went five deep in each league — no one from Philly. Went 10 deep — still, nothing. So, I went 15 deep — hello Nerlens Noel, Fletcher Cox and Jakub Voracek. The point is, if we're banking on the future, it better come in the form of Nola, Joel Embiid, Maikel Franco, Nelson Agholor and whatever Hinkie might have up his sleeve. All of those guys, to some degree, are unknowns right now.

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Sizing up the outfield

MLB. The Phillies are weighing their options when it comes to their jumbled outfield.

Recently, a report from Todd Zolecki of MLB.com came out about the possibility of Ben Revere being swapped with the Los Angeles Angels.

However, if you look at the amount of outfielders the team has, there is not much room for all of them and with none of them truly solidifying themselves for an everyday job, who's the odd man out?

DOMONIC BROWN
GETTY IMAGES

If there is going to be a rebuild, the reconstruct has to begin now. One step in that direction is minimizing those deepest on defense. Below is a list comprised of the packed outfield the Phillies own. Keep in mind that third basemen Cody Asche has been moved to Triple A to learn left field.

Domonic Brown
The 2014 season saw a complete opposite Domonic Brown as he finished with just 10 homers compared to a 27 home run campaign in 2013. Since late April, due to an Achilles injury, Brown has been with Lehigh Valley and seems to be finding his swing with a .329 batting average. He has not yet gone yard, however.

Darin Ruf
Through 31 games, Ruf is batting .220 with three dingers and nine RBIs. With Ryan Howard still on the team, Ruf doesn't seem to be going anywhere anytime soon.

Ben Revere
Revere would provide zero power for the Angels and is not known to walk much. His game is based off of his singles as last season he was tied for the league lead with 184 hits. However only 22 of them were for extra bases.

Grady Sizemore
The veteran right fielder and three-time All-Star, has been in trade talks because of the fact that he does not fit any of the Phillies' future plans. Sizemore has been hot with his bat over the last couple of weeks.

Jeff Francoeur
"Frenchy" has been quite a surprise for the Phils and has been a quality bat off the bench. On the season, Francoeur is batting .229 with three home runs. Francoeur has been solid as a pinch-hitter and his arm won the game for the Phillies against the Pirates a couple of weeks ago.

Odubel Herrera
The rookie and Rule-5 pick started the season off hot but cooled down in late April and now May. Strikeouts have been the biggest issue for Herrera, he's been fanned 25.9 percent of the time. He has 32 strikeouts compared to only five walks, which is one of the main reasons he has gone from leadoff to batting seventh.

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Ben Revere and the Phillies are expected to be looking up in the standings all year. / GETTY IMAGES

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NHL playoffs. Tampa has Rangers on the ropes with Game 6 tonight

Ben Bishop blanked the Rangers in Game 5. / GETTY IMAGES

It is not unfamiliar territory for these Rangers.

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"It's not like we haven't been there before," Henrik Lundqvist told reporters after the Rangers were shut out, 2-0, by the Tampa Bay Lightning in Game 5 of the Eastern Conference final. Tampa Bay leads the best-of-seven, 3-2. Game 6 is set for Tuesday (8 p.m., NBCSN) at Amalie Arena in Tampa Bay. "We just have to go out there and leave everything out there and see how far that takes us. It's going to be a challenge for us."

Indeed. It has become plainly evident that the Lightning are unlike any playoff opponent the Rangers have competed against in the Alain Vigneault Era. Following Games 2 and 3, Tampa Bay's Triplets line had dominated the conversation. Following Game 5, the talk shifted to franchise cornerstone Steven Stamkos and goaltender Ben Bishop.

Stamkos finished the game with a goal and an assist, both occurring in a second period in which Tampa took control of the game. Despite a slight 6-4 advantage in shots on goal in the first, the Rangers were able to implement their forecheck and cycle game, and, as a result generated two power plays.

However, the Lightning essentially beat the Rangers at their own game in the last two periods. Tampa clogged the neutral zone and would not allow the Rangers to carry the puck into the offensive zone. And the Lightning's penalty kill units were significantly more aggressive in Game 5 than they had been in Games 2-4, as the Rangers went 0-for-4 with just four shots on the man advantage.

As for Bishop, Tampa's goaltender stopped all 26 shots he faced in Game 5 after yielding 10 goals in Games 3 and 4.

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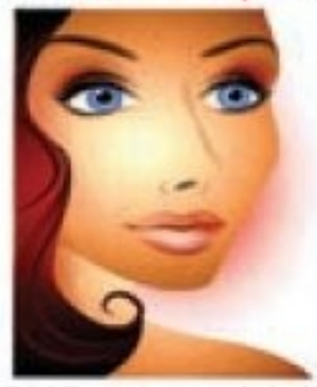

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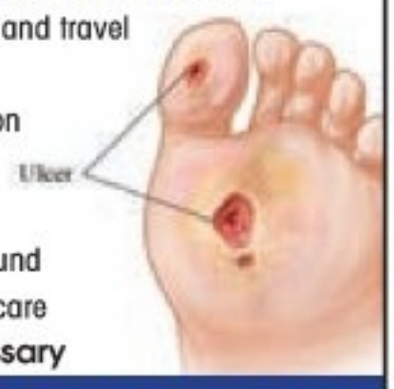

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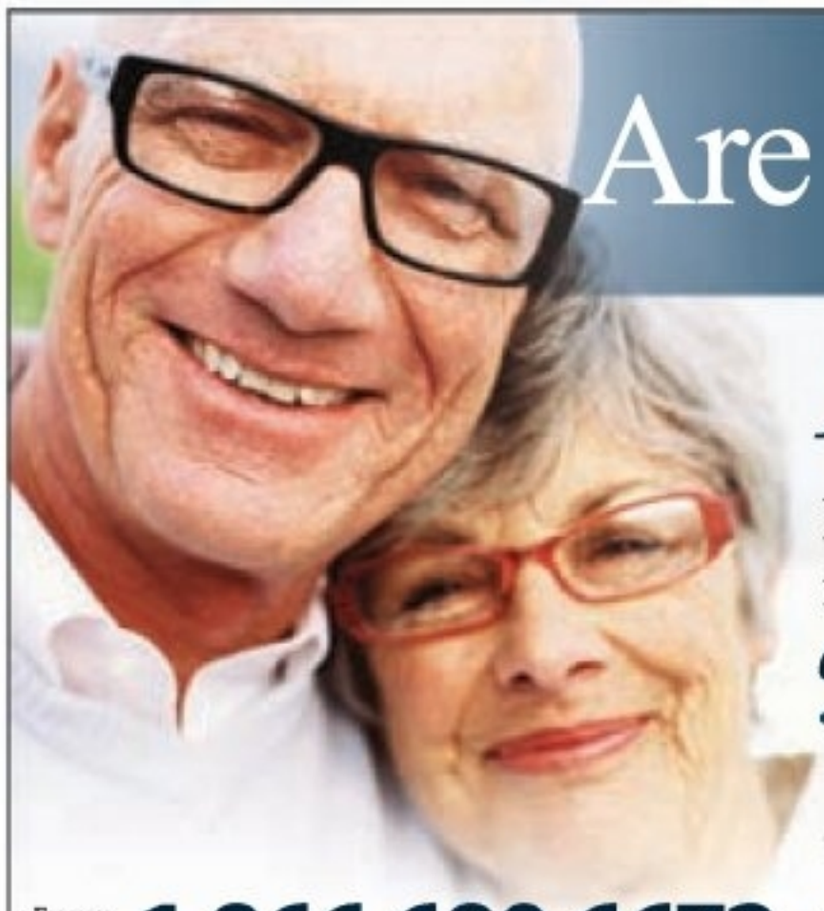

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